



# FAMILY FOCUS

May 2007

Especially for families and friends of deployed soldiers. Information, events and programs brought to you by Tobyhanna Army Depot Army Community Service.

TOBYHANNA ARMY DEPOT ARMY COMMUNITY SERVICE

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## **Military Spouse Appreciation Day-**

Friday, 11 May 2007

It is our day to stand up and honor the Military Spouses of our great Nation!

-For the times that you have stood and watched a ship sail from the harbor, an aircraft disappear into the clouds, a convoy pull out of sight, not sure when your loved ones would return - We thank you.

-For the countless household moves you have made from a place you know to another that is strange and different - We thank you.

-For the hand that you have extended to another military spouse when the need was there, truly creating a military strong family - We thank you.

-For the many days and years that you have stood watch at home, facing challenges alone - We thank you.

-For the families that you have held together, for the anniversaries, birthdays, and holidays you have celebrated alone - We thank you.

Our country cannot count itself strong by its armed forces alone. Our Military Wives and Husbands set a superior example of strength through devotion, courage and commitment -----

You Are our National Strength ----- and -- We Thank You!

**Dear Reader,**

**We hope you find this newsletter to be useful to you during your loved one's deployment. If you are receiving this newsletter and no longer have a loved one deployed and are no longer interested in being on our mailing list, please call 570-895-6682 or e-mail: Sonya.walls1@us.army.mil.**

## COMMUNITY INVOLVEMENT NEWSLETTER

### Free Summer Camps for Military Children



The National Military Family Association (NMFA) is now accepting applications for Operation Purple summer camp attendance. This year NMFA's Operation Purple Camps will host more than 3,500 deserving children at camps at 34 locations in 26 states. Operation Purple Camps provide children from military families fun and

memorable opportunities to learn new skills for managing deployment-related stress. These camps were established in response to the need for increased support for military children. NMFA developed this free summer camp program, sponsored this year by the Michael & Susan Dell Foundation, the Sierra Club, and TriWest Healthcare Alliance. This year NMFA will dedicate a pilot camp exclusively for the children of wounded service members in Southern California. They plan to add more dedicated camps in additional states next year. Children who could benefit from this specific camp, but do not live near the California location, are encouraged to apply to the Operation Purple Summer Camp nearest them, because all camps provide military children the support and resources they need to successfully manage the challenges of growing up in a military family. Each camp is "purple," meaning it is open to children of any service member of the seven uniformed services. Applications for the camps are available now through May 1, 2007 at: <http://www.operationpurple.org/>



#### Post Deployment Health Reassessment Program (PHDRA)

The Post Deployment Health Reassessment is a health screening program designed to address the deployment-related physical and mental needs of Soldiers. PHDRA identifies deployment-related health concerns during the three to six months after Soldiers return from deployment. This screening process empowers Soldiers by providing them the opportunity to address health-related concerns early before they can negatively impact deployment status, career, or life beyond service. For more information about PHDRA, visit: <http://www.pdhealth.mil/dcs/pdhra.asp>

#### AMTRAK Offers Free Companion Tickets for Visits to Prospective Colleges

AMTRAK is offering free companion tickets to parents of high school students visiting college



campuses. To qualify you must meet the following criteria: Travel must be booked through the Campus Visit web-

site at <http://www.campusvisit.com/amtrak/>; the student must be a high school junior or senior accompanied by a parent; students will be required to present a valid high school identification card; tickets must be booked at least seven days prior to travel. Complete details are available on the Campus Visit website, [www.campusvisit.com](http://www.campusvisit.com). The site also provides destination information and hotel discount links to families planning college visits.

## Recipe of the Month

### Parmesan Bacon Biscuit Sticks

A biscuit stick that's a perfect "on-the-go" snack! Also, great served with soups or salads.

Prep: 15 min - Bake: 10 min

Biscuit Sticks Ingredients:

1 1/4 cups all-purpose flour  
1/4 cup grated Parmesan cheese  
2 teaspoons baking powder  
1 teaspoon Italian seasoning  
1/8 teaspoon salt  
1/4 cup cold LAND O LAKES® Butter  
2/3 cup milk or half & half  
2 tablespoons real bacon bits

Topping Ingredients:

1 tablespoon milk or half & half  
1 tablespoon grated Parmesan cheese



Heat oven to 425°F. Combine flour, 1/4 cup cheese, baking powder, Italian seasoning and salt in large bowl; cut in butter until mixture resembles coarse crumbs. Stir in 2/3 cup milk and bacon bits; mix just until flour is moistened.

Turn dough onto lightly floured surface; knead 5 to 8 times or until smooth. Roll out dough to 10x6-inch rectangle. Cut into 10 (1-inch) strips.

Place sticks 2 inches apart onto ungreased baking sheet. Brush tops with 1 tablespoon milk; sprinkle with 1 tablespoon cheese.

Bake for 10 to 12 minutes or until lightly browned.

Makes 10 biscuit sticks

Nutritional Info Per 1 biscuit stick: Calories 120, Fat 6 g, Cholesterol 15 mg, Sodium 220 mg, Carbohydrates 13 g, Dietary Fiber <1 g, Protein 4 g

This recipe created by Land O'Lakes.



## Military OneSource Webinars Help Military Families

Military OneSource has begun holding webinars, which are interactive online workshops that allow users to view a presentation and listen to a teleconference including the presenter and other attendees. These sessions address a variety of topics. Although each webinar is a one-time event, Military OneSource maintains an online archive of earlier workshops. The webinar schedule and archives are available at: [www.militaryonesource.com](http://www.militaryonesource.com)

## Exchanges Launch New Low Price Initiative

The Army and Air Force Exchange Service's (AAFES) "We'll Match It!" initiative now allows authorized shoppers to compare prices at the exchange with "warehouse clubs." Shoppers who see a price differential of less than \$10 can tell the cashier who will match it on the spot. Customers who report a price difference greater than \$10 can bring a current local competitor's ad and receive the reduced price. The comparison must be made for identical items. The "We'll Match It!" policy applies to all AAFES retail stores, including Shopettes, Class Six, Car Care and troop stores, in addition to the Exchanges. For more information, visit: <http://www.aafes.com/>

## Foundation Ready to Lend Troops a Hand



The Pentagon Federal Credit Union Foundation is lending a helping hand to those serving in the Global War on Terrorism, a foundation official said.

The group was founded in December 2001 to assist servicemembers and military families who face financial issues due to predatory lending.

Pentagon Federal Credit Union Foundation is a member of America Supports You, the Defense Department program established in November 2004 to directly connect servicemembers to the support of the America people and to offer a tool to the general public in their quest to find meaningful ways to support the military community.

"[Our] programs fall under two major headings," said Mary Lynn Stevens, the foundation's vice president of external relations. "One major heading is financial issues. The other is our Military Heroes program."

Under the financial heading falls the "Asset Recovery Kit," which helps military families who've gotten involved in predatory lending, Stevens said. The kit provides loans of up to \$500 for a \$6 fee until the next pay day. No credit check is required; however there are stricter rules for a second loan.

The kit is available through all Pentagon Federal Credit Union branches. Credit unions at Fort Gordon and Fort Stewart, in Georgia, as well as Fort Bragg Credit Union, in North Carolina, also offer the kit. Close to \$450,000 in emergency cash has been loaned since the program began in December 2004, Stevens said.

Another financial program, "Dream Makers" provides \$5,000 grants to first-time home buyers of modest means for down payments and settlement costs, Stevens said. The program is available to all servicemembers and national security employees, to include Homeland Security and DoD civilians.

"The woman who got our first Dream Makers grant is a corporal at Fort Hood with a child, and she's going to be deployed to Iraq in October," she said of the Soldier. "I have six applications pending, several at Fort Hood, two in Georgia and one in Hawaii."

Pentagon Federal Credit Union Foundation also reaches out to wounded servicemembers by providing programs through its Military Heroes program.

Through this program, the group provides a hospice room at Walter Reed Army Medical Center here so Family members can stay with servicemembers who are terminally ill. It remodeled a patient and Family lounge at the facility, as well.



## **HAPPY MOTHERS DAY!!**



***"All that I am or ever hope to be, I owe to my angel Mother." - Abraham Lincoln***